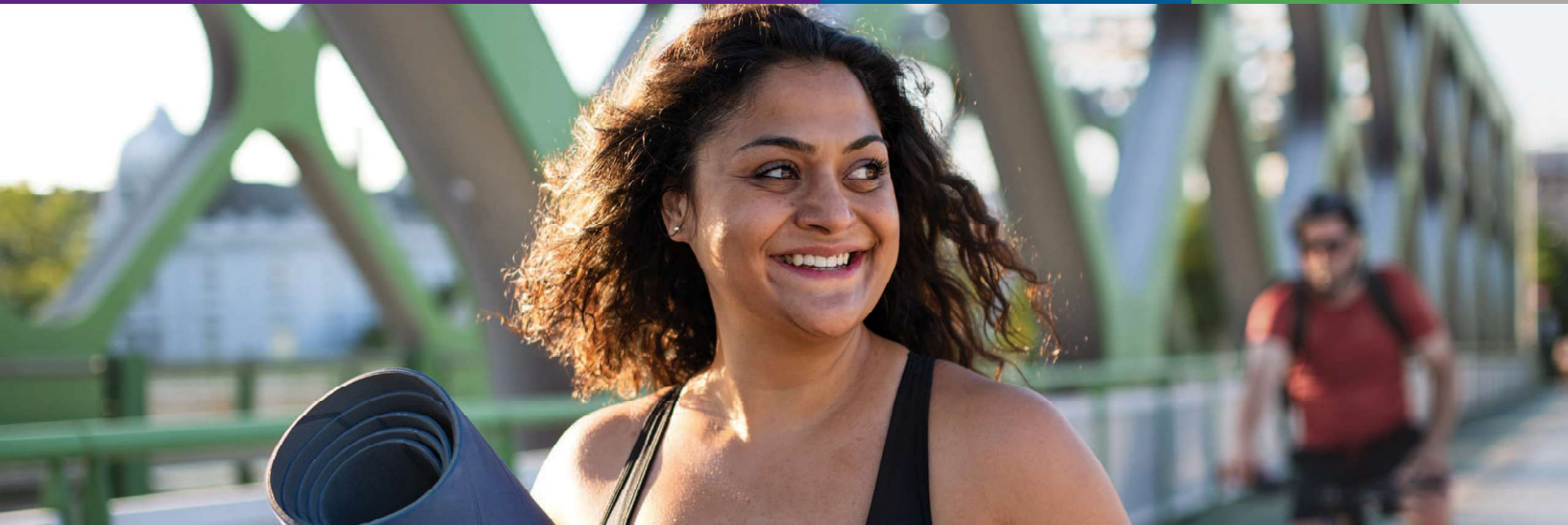


Why physical activity is so important for health and well-being



We know that staying active is one of the best ways to keep our bodies healthy. But did you know it can also improve your overall well-being and quality of life?

Here are just a few of the ways physical activity can help you feel better and live better.

It's a natural mood lifter



Regular physical activity can relieve stress, anxiety, depression and anger. You know that "feel good sensation" you get after doing something physical? Think of it as your daily dose of happiness. Most people notice they feel better over time as physical activity becomes a regular part of their lives.

It keeps you physically fit and able



Without regular activity, your body slowly loses its strength, stamina and ability to function properly. Exercise increases muscle strength, which in turn increases your ability to do other physical activities.

It helps keep the doctor away



Stand up when you eat your apple a day! Too much sitting and other sedentary activities can increase your risk of heart disease and stroke. One study showed that adults who watch more than four hours of television a day had an 80% higher risk of death from cardiovascular disease.

Being more active can help you:

- Lower your blood pressure
- Boost your levels of good cholesterol
- Improve blood flow (circulation)
- Keep your weight under control
- Prevent bone loss that can lead to osteoporosis

It can help you live longer



People who are physically active and at a healthy weight live about seven years longer than those who are not active and are obese. Those extra years are generally healthier years. Staying active helps delay or prevent chronic illnesses and diseases associated with aging. Active adults maintain their quality of life and independence longer as they age.

Being more active can help you:

- Quit smoking and stay tobacco-free
- Boost your energy level so you can get more done
- Manage stress and tension
- Promote a positive attitude and outlook
- Fall asleep faster and sleep more soundly
- Improve your self-image and self-confidence
- Provide fun ways to spend time with family, friends and pets
- Spend more time outdoors or in your community

The American Heart Association recommends at least 150 minutes of moderate activity each week. That's only 30 minutes a day, five days a week, and three 10-minute brisk walks count toward your goal. So, this is easy! You don't have to make big life changes to see the benefits. Just start building more activity into your day, one step at a time.

Not a Livongo member? See if you're eligible for personalized health support at Go.Livongo.com/STATEOFVERMONT/New